

# The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

# #1868

## TT: Discover Your Core Skill That Sets You Apart with Ashley Stahl (Interview)

I can't wait to introduce you to Ashley Stahl on today's #ConversationsWithCabral episode!

Ashley is a highly sought out career coach that helps guide people to live a life full of passion doing what they love...

But, doing what you love or are passionate about can sometimes be difficult to figure out for yourself...

That's why on today's #CabralConcept 1868 Ashley is going to help you discover your core skill that sets you apart - Enjoy the show and let @AshleyStahl and me know what you thought!

# EPISODE TAKEAWAYS

## 10

### Core Skill Sets

1. Innovation
2. Building
3. Words
4. Motion
5. Service
6. Coordination
7. Analysis
8. Number Crunchers
9. Technology
10. Beauty

## RESOURCES

- Learn more about Ashley Stahl
- You Turn by Ashley Stahl (book)
- Listen to the You Turn Podcast
- Follow Ashley Stahl on Instagram



# DR. CABRAL'S MOST POPULAR RESOURCES



**Dr. Cabral's Protocols & Science-Backed Supplements**



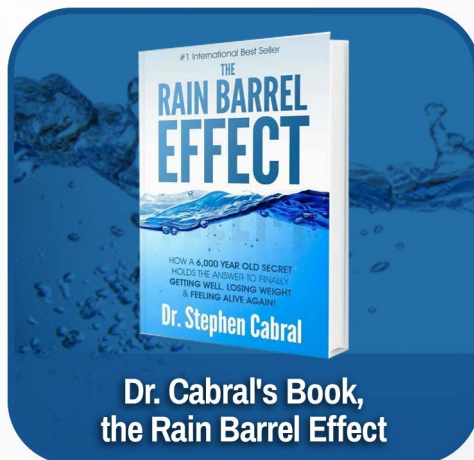
**Discover Hidden Health Issues with At-Home Lab Testing**



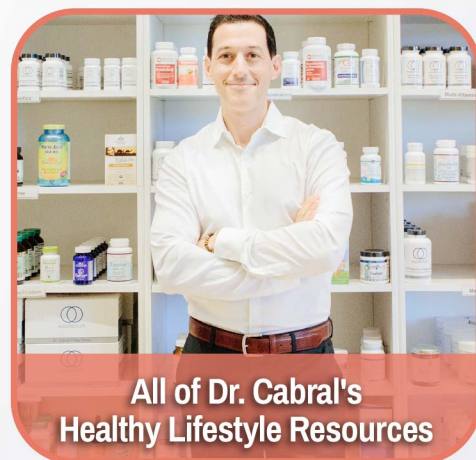
**Learn to Heal with Health Results Accelerators™**



**Become an IHP Certified Health Coach**



**Dr. Cabral's Book, the Rain Barrel Effect**



**All of Dr. Cabral's Healthy Lifestyle Resources**

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The best way to help me spread our mission of true natural health is to pass on the good word, and I read and appreciate every review!

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Thank you again and every review gets entered in my monthly contest to win great prizes!

